personally I love the traffic reports on xm radio. as an over the road truck driver I don't always know which local station has the traffic an by the time I find it it's too late. with the xm i can get traffic reports 150-200 miles from a certain city and then update when i get closer to see if anything major has occured. most local am stations that have the traffic have weak signals and if you miss the traffic you have to wait 10-20 minutes between reports which can cost an out of town driver a lot of time.